

Cheesy Bean Dip

Makes: 6 Servings

This Cheesy Bean Dip is sure to please everyone. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates.

Ingredients

1 cup black beans, canned (Drained and rinsed)
1/2 cup great northern white beans, canned (Drained and rinsed)
1/2 cup Red kidney beans, canned (Drained and rinsed)
1/4 cup canned diced tomatoes (No salt added, drained)
2 tablespoons lemon juice
2 teaspoons apple cider vinegar
1 teaspoon coriander
1 teaspoon cumin
1 teaspoon onion powder
1/2 tablespoon garlic powder
1/2 tablespoon chili powder
6 tablespoons parmesan cheese, grated

Directions

1. Puree all ingredients, except cheese, in a food processor until smooth and creamy.
2. Add Parmesan cheese. Pulse to combine.
3. Portion into 3 oz cups.
4. Can be served with vegetable sticks or whole wheat pita chips, or a combination of both.

Notes

This Cheesy Bean Dip is sure to please everyone. It is meant as a side and replacement to the currently

unhealthy cheese dip served at Holt. It has wonderful flavors of cumin, garlic and three different beans with just enough cheese to appeal to picky palates. This dish was created by the team of student listed in the entry over the course of several weeks and taste tested at the school cafeteria. Each recipe was developed by students with limited guidance by the Chef, Teacher and School Nutrition Professional. The team is submitting multiple recipes and the letter from the school principal is for all recipes being submitted. Over 40 students tested the Cheesy Bean Dip and completed written evaluations. Comments from students were positive with quotes saying: "It's Awesome!!!" and "It has great flavors and I loved the texture"